



MOVE IT!

QUARTERLY FITNESS PASS

AFFORDABLE, FLEXIBLE, CONVENIENT!

Time to MOVE IT with our easy quarterly fitness pass. No more individual class registrations and associated fees! With the purchase of the MOVE IT quarterly pass, take unlimited number and combination of fitness classes that your schedule allows. One registration, ultimate flexibility. Simply present your pass at class. **It's easy, it's affordable, so what are you waiting for? MOVE IT!**



Body Sculpting

Does your body need toning or shaping? Want to add some curves and definition in all the right spots? This 45-minute class could give you a new look without the chisel. We start with a 10-minute aerobic warm up, then move on to exercise for the upper body, abdominal, glutes, and legs. Exercise to music, and end with feel-good stretches. Weights will be discussed at first class.

C.D.S.—Cardio, Dance, Sculpt

Put the fun back into your workout! This class uses easy dance-based moves combined with upper and lower body sculpting exercises. For all levels. It will give you an all in one total body workout. You will leave this class feeling happy and fit!

Circuit Training

Aerobics + Strength Training = Great Results! Use the step, hand weights, rubber tubing, and aerobics in timed intervals to build strength and endurance. Our students report it's their favorite class! Bring hand weights and a mat to class.

Dance Aerobics

Let's move and have fun international-style! Dance aerobics will take you for a trip around the world, featuring popular dance styles from salsa and tango to Bollywood, belly dance, country line dance and hip hop. You'll have so much fun, you'll forget you're exercising! Appropriate for all levels of fitness.

North Kirkland Comm. Center
12421 103rd Ave NE
Kirkland • 425.587.3350

PiYo® LIVE

PiYo® LIVE combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout that will burn crazy calories for a long, lean, beautiful physique. You'll sweat, stretch, and strengthen—all in one PiYo workout!

Power Hour

This is the opportunity to change your workout! Using interval training, you'll move from cardio to weight bearing exercise. Your strength and endurance will be tested with isometric, plyometric, Pilates and yoga stretches. This class will transform the way you look and feel. The routine is always changing, which maximizes fat burning and body sculpting that you'll be seeing in no time! Get pro-active about your workout and break away from your regular routine with the Power Hour!

Red Hot Dance Fitness

Red Hot Dance Fitness combines the hottest music with every genre of dance. For all levels, easy to follow dance moves set to your favorite songs. An invigorating, exhilarating, liberating and calorie burning dance party that will have you addicted from the first beat!

Strength and Stretch

Strengthen and tone muscles, improve your bone density to help fight osteoporosis and add flexibility to your entire body. All this and it's fun to boot! All ages welcome. Please bring mats and a large towel. Expect to see improvement within a few weeks.



STILL MORE AFFORDABLE THAN YOUR LOCAL FITNESS CLUB!

FALL 2016 MOVE IT! CLASSES

All classes below included with your Move It! Pass
Resident \$114 / Non-Resident \$136 • Class #49700

MORNING CLASSES

14 weeks // Sept 6–Dec 19 // No class Oct 28, Nov 11, Nov 21-26

DAY	CLASS	TIME	INSTR.
Mon	Strength & Stretch	8:00–9:00am	Laura
Mon	Total Body Conditioning	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Joleen
Wed	PiYo® LIVE	8:00–9:00am	Brooksie
Wed	C.D.S. – Cardio, Dance, Sculpt	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Laura
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

14 weeks // Sept 6–Dec 19 // No class Oct 28, Nov 11, Nov 21-26

DAY	CLASS	TIME	INSTR.
Mon	Red Hot Dance Fitness	5:30–6:15pm	Carrie
Mon	Circuit Training	6:30–7:20pm	Joleen
Mon	Vinyasa Fusion	7:30–8:30pm	Marcos
Tue	Body Sculpting	5:30–6:15pm	Sandi
Tue	Red Hot Dance Fitness	6:20–7:10pm	Laura
Wed	Dance Aerobics	5:30–6:15pm	Laura
Wed	Circuit Training	6:30–7:20pm	Joleen
Wed	Yoga–Candlelight Vinyasa	7:30–8:30pm	Chris
Thur	Body Sculpting	5:30–6:15pm	Sandi
Thur	PiYo® LIVE	6:20–7:10pm	Brooksie
Thur	Zumba	7:15–8:15pm	April

Total Body Conditioning

A cardio and strength conditioning total body workout that incorporates hand held weights, resistance bands, body weight and more! You'll work up a sweat in this class and finish with a relaxing cool down and stretch.

Vinyasa Fusion

Vinyasa Fusion taught by Marcos Wanless combines Yoga postures and meditation with Chinese Tai-Chi and Chi-Kung (Qigong) for an invigorating yet relaxing end of the day workout. All levels welcome.

Yoga–Candlelight Vinyasa

Flow to the glow in this fun active class that will leave you feeling rejuvenated and relaxed. Move your body as you quiet your mind. Vinyasa Yoga is a series of postures where you learn to sync movement with your breath. You will increase your flexibility, build strength and improve your balance. All ages and levels welcome, as this style encourages students to work at their own level of fitness.

Zumba®

Join us on Thursday evenings and Saturday mornings. Zumba® is a fun, dance and rhythms exercise class using mostly Latin music. Sizzling, toe, tapping, hip swiveling music makes you want to get up and move.

This schedule of classes is published for information purposes only.

We strive to produce the most accurate marketing possible. However, some program information may have changed after the current activities brochure and this flyer were printed. We will make every effort to notify participants of the changes.

Ages 16 through adult /// Passes are available at any time during the quarter at full price
/// PASSES ARE NOT PRORATED, ARE NON-REFUNDABLE AND NON-TRANSFERABLE /// It is recommended you have a doctor's approval if you have a health problem, are more than 35 lbs. overweight, or are over 50 years old and have not been exercising.

Call Recreation Hotline 425.587.3335 if class cancellation is in question.



WINTER 2017

All classes below included with your Move It! Pass
Resident \$98 / Non-Resident \$117 • Class #49701

MORNING CLASSES

12 weeks // Jan 2–Mar 25 // No class: Jan 16, Feb 20

DAY	CLASS	TIME	INSTR.
Mon	Strength & Stretch	8:00–9:00am	Laura
Mon	Total Body Conditioning	9:15–10:15am	Joleen
Tue	Strength & Stretch	8:00–9:00am	Joleen
Wed	PiYo® LIVE	8:00–9:00am	Brooksie
Wed	C.D.S. – Cardio, Dance, Sculpt	9:15–10:15am	Laura
Thur	Strength & Stretch	8:00–9:00am	Laura
Fri	Power Hour	9:15–10:15am	Laura
Sat	Total Body Conditioning	8:30–9:30am	Joleen
Sat	Zumba	9:40–10:40am	April

EVENING CLASSES

12 weeks // Jan 2–Mar 25 // No class: Jan 16, Feb 20

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Mon	Red Hot Dance Fitness	5:30–6:15pm	Carrie
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Wed	Dance Aerobics	5:30–6:15pm	Laura
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Adult Fitness

[Below classes are not included in Move It pass]



Rizzmic®

Rizzmic® is a fun, new fitness program that pairs authentic dance style with the most beloved music from the last century of American culture; from Disco and country to Jazz and Hip Hop! Old School, Jive, Show Tunes, R&R, Country Western, Funk and more. All abilities welcome.

Wear athletic shoes • Location: PKCC • Instructor: Joan Wilde
4 classes • No class 9/27, 12/27 & 2/14
Resident \$35 / Non-Resident \$42

Tue	10:30–11:30am	Sept 6–Oct 4	49600
Tue	10:30–11:30am	Oct 11–Nov 1	49601
Tue	10:30–11:30am	Nov 8–29	49602
Tue	10:30–11:30am	Dec 6–Jan 3	49603
Tue	10:30–11:30am	Jan 10–31	49608
Tue	10:30–11:30am	Feb 7–Mar 7	49609
Tue	10:30–11:30am	Mar 14–Apr 4	49610

Zumba® Gold

Zumba® Gold modifies Zumba® fitness to non-impact moves and pacing suiting the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Zesty Latin music, world rhythms, exhilaratingly easy to follow moves and the invigorating party-like atmosphere are exercise in disguise! Feel the music, forget you are exercising and just move with the joy! You don't have to know how to dance, just know how to have fun! All abilities welcome.

Wear athletic shoes • Location: PKCC • Instructor: Joan Wilde
4 classes • No class 11/17, 11/24 & 12/29
Resident \$35 / Non-Resident \$42

Thur	10:30–11:30am	Sept 8–29	49612
Thur	10:30–11:30am	Oct 6–27	49613
Thur	10:30–11:30am	Nov 3–Dec 8	49614
Thur	10:30–11:30am	Dec 22–Jan 19	49615
Thur	10:30–11:30am	Jan 26–Feb 16	49616
Thur	10:30–11:30am	Feb 23–Mar 16	49617
Thur	10:30–11:30am	Mar 23–Apr 13	49618

Strength & Tone Aerobics

Join Jane for this fun and friendly class that incorporates non-jumping aerobics with weights and strength training. All fitness levels are welcome, work at your own pace to move and feel better

Bring weights and bands to class • Location: PKCC

Instructor: Jane Miller • 8 classes • No class 9/27, 11/17, 11/24, 12/15 & 2/14 • Resident \$50 / Non-Resident \$60

Tue & Thur	8:30–9:30am	Sept 6–Oct 4	49275
Tue & Thur	8:30–9:30am	Oct 6–Nov 1	49276
Tue & Thur	8:30–9:30am	Nov 3–Dec 6	49277
Tue & Thur	8:30–9:30am	Dec 8–Jan 5	49278
Tue & Thur	8:30–9:30am	Jan 10–Feb 2	49279
Tue & Thur	8:30–9:30am	Feb 7–Mar 7	49280
Tue & Thur	8:30–9:30am	Mar 9–Apr 4	49281

Yoga Fun for Everyone

You have heard about the benefits of yoga... here's your chance to begin in a relaxed environment. Join this six week class and increase your flexibility, strength, balance and stamina. Sally Rodich, will teach you to broaden your knowledge of the practice and take yoga seriously while still having fun. End each class with a 10 minute relaxation to soothe your mind and relieve stress. All levels welcome. This class likes to laugh and have fun!

Location: PKCC

Mondays 6 classes • No class 12/26, 1/2 & 1/16
Resident \$60 / Non-Resident \$72

Mon	5:30–6:30pm	Sept 12–Oct 17	49563
Mon	5:30–6:30pm	Oct 31–Dec 5	49564
Mon	5:30–6:30pm	Dec 19–Feb 13	49565
Mon	5:30–6:30pm	Feb 27–Apr 3	49569

Wednesdays 6 classes • No class 10/26, 11/2, 11/23 & 12/28 • Resident \$75 / Non-Resident \$90

Wed	5:30–6:45pm	Sept 7–Oct 12	49566
Wed	5:30–6:45pm	Oct 19–Dec 14	49567
Wed	5:30–6:45pm	Dec 21–Feb 1	49568
Wed	5:30–6:45pm	Feb 8–Mar 15	49570
Wed	5:30–6:45pm	Mar 22–Apr 26	49571

See page 59 for more
Daytime Yoga classes!

Stretch and Tone

This class is designed to transform the body into one of equal balance, strength and flexibility. Target each of your muscle groups and then stretch those muscles in a way that promotes long, lean growth instead of bulk. Restore movement, renew muscles through gentle guidance to get you "active" again.

Location: PKCC • Instructor: Marco Carrabba

Mondays 6 classes • No class 10/31, 12/26, 1/2, 1/16 & 2/20 • Resident \$50 / Non-Resident \$60

Mon	5:20–6:05pm	Sept 12–Oct 17	49574
Mon	5:20–6:05pm	Oct 24–Dec 5	49575
Mon	5:20–6:05pm	Dec 12–Feb 6	49576
Mon	5:20–6:05pm	Feb 13–Mar 27	49580

Self Defense

Women's Self Defense @ NKCC

Ever have an encounter that makes the hair on the back of your neck stand up? Learn the 3 most crucial self-defense lessons: recognizing when someone's planning an assault, how to use body language and your voice to interrupt an intended assault, and simple, effective physical skills to disable an attacker. In a single session you'll learn about real risks, assailant tricks, crucial targets, how to create an impact, and releases from the most common grabs. A great class to take with a friend! Bring a light lunch or snack, and a water bottle.

Instructor: Joann Factor • Location: NKCC
Resident \$114 / Non-Resident \$137

Sat	11am–4pm	Oct 15	49869
Sat	11am–4pm	Jan 21	49870



Kirkland Parks & Community Services is currently hiring for part-time and seasonal recreational positions:

- » Pee Wee Basketball Coaches
- » Youth Basketball Referees
- » Sports Attendants
- » Preschool Program Positions
- » Summer Day Camp Positions (*Posted in January*)
- » Summer Aquatic Positions (*Posted in January*)

FOR DETAILS AND TO APPLY:

GOVJOBSTODAY.COM

